

BENCH PRESS PROGRAM

WEEK
1

JEFF NIPPARD'S

BENCH PRESS PROGRAM

BLOCK 1: VOLUME ACCUMULATION PHASE / WEEK 1: DAYS 1-3

DAY 1

UPPER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BARBELL BENCH PRESS	4	6	72.5%	3-5MIN						45° ELBOW TUCK	
PULL-UP	3	8	RPE8	2-3MIN						PULL YOUR SHOULDERS DOWN AND IN	
ECCENTRIC-ACCENTUATED BARBELL INCLINE PRESS	2	8	RPE8	2-3MIN						2-SECOND LOWERING PHASE. ELBOWS TUCKED ~30°	
INVERTED ROW	3	10	RPE8	2-3MIN						SCAPULAE BACK AND DOWN. PULL WITH YOUR ELBOWS OUT	
DIP	2	10	RPE7	1-2MIN						KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
BARBELL FLOOR SKULL CRUSHER	2	8	RPE7	1-2MIN						KEEP YOUR ELBOWS OVER YOUR HEAD. KEEP YOUR SHOULDER JOINT MOTIONLESS	
HAMMER CURL	2	10	RPE8	1-2MIN						CURL THE WEIGHT "OUT", NOT "UP"	

TOTAL SET VOLUME: 18

DAY 2

LOWER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BACK SQUAT	3	5	75%	3-4MIN						SIT DOWN AND BACK	
STIFF LEG DEADLIFT	3	10	RPE8	2-3MIN						KEEP YOUR HIPS HIGH	
BARBELL HIP THRUST	3	15	RPE7	2-3MIN						USE A PAD. RIB CAGE AND CHIN TUCKED DOWN	
A1: LYING LEG CURL	3	20	RPE8	0 MIN						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
A2: LEG EXTENSION	3	20	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 15

DAY 3

UPPER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BARBELL BENCH PRESS	5	3	80%	3-5MIN						45° ELBOW TUCK	
NEUTRAL-GRIP PULldOWN	4	6	RPE8	2-3MIN						PULL YOUR SHOULDERS DOWN AGAINST YOUR SIDES	
BARBELL PIN PRESS	2	8	RPE7	2-3MIN						START WITH THE BAR ON THE PINS. FOCUS ON SPEED OFF OF THE CHEST	
SEATED FACE PULL	3	15	RPE8	1-2MIN						PULL YOUR ELBOWS UP AND BACK. FOCUS ON SCAPULAR RETRACTION	
MILITARY PRESS	2	6	RPE7	2-3MIN						RESET THE BAR AFTER EACH REP. THINK ABOUT DOING A "DEAD PRESS". SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT	
DUMBBELL LATERAL RAISE	3	12	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR DELTOIDS TO MOVE THE WEIGHT	
REVERSE PEC DECK	3	15	RPE8	1-2MIN						TAKE YOUR SCAPULAE THROUGH A ROM	

TOTAL SET VOLUME: 22

JEFF NIPPARD'S

BENCH PRESS PROGRAM

BLOCK 1: VOLUME ACCUMULATION PHASE / WEEK 1: DAYS 4-5

DAY 4

LOWER BODY #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
DEADLIFT	4	6	70%	3-4MIN						FOCUS ON KEEPING YOUR SPINE NEUTRAL	
FRONT SQUAT	3	10	RPE7	2-3MIN						FOCUS ON KEEPING YOUR TORSO UPRIGHT	
LEG PRESS	3	12	RPE7	1-2MIN						FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
ECCENTRIC-ACCENTUATED LYING LEG CURL	3	10	RPE8	1-2MIN						3-SECOND LOWERING PHASE	
STANDING CALF RAISE	3	12	RPE8	1-2MIN						PRESS ALL THE WAY UP TO YOUR TOES, GET A STRETCH AT THE BOTTOM. DON'T BOUNCE	

TOTAL SET VOLUME: 16

DAY 5

UPPER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
PAUSE BARBELL BENCH PRESS	5	5	67.5%	3-5MIN						3-SECOND PAUSE. FOCUS ON SPEED OFF THE CHEST	
SUPINATED PULLDOWN	3	12	RPE8	2-3MIN						PULL YOUR SHOULDERS DOWN AGAINST YOUR SIDES	
DUMBBELL INCLINE PRESS	2	12	RPE7	2-3MIN						FOCUS ON PRESSING EVENLY. 30° ELBOW TUCK	
MACHINE CHEST-SUPPORTED T-BAR ROW/RETRACTION	3	10/10	RPE8	1-2MIN						FIRST 10 REPS RETRACT YOUR SCAPULAE AND PULL YOUR ELBOWS OUT, LAST 10 REPS ONLY GO THROUGH A SCAPULAR ROM (YOUR ARMS DON'T MOVE)	
CABLE FLYE	3	15	RPE7	1-2MIN						KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
V-BAR PRESSDOWN	2	15	RPE7	1-2MIN						KEEP YOUR SHOULDER AND ELBOW LOCKED IN PLACE	
PRONE TRAP RAISE	3	15	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR UPPER BACK TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 22

BENCH PRESS PROGRAM

WEEK
2

JEFF NIPPARD'S

BENCH PRESS PROGRAM

BLOCK 1: VOLUME ACCUMULATION PHASE / WEEK 2: DAYS 1-3

DAY 1

UPPER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BARBELL BENCH PRESS	4	6	75%	3-5MIN						45° ELBOW TUCK	
PULL-UP	3	8	RPE8	2-3MIN						PULL YOUR SHOULDERS DOWN AND IN	
ECCENTRIC-ACCENTUATED BARBELL INCLINE PRESS	2	8	RPE8	2-3MIN						2-SECOND LOWERING PHASE. ELBOWS TUCKED ~30°	
INVERTED ROW	3	10	RPE8	2-3MIN						SCAPULAE BACK AND DOWN. PULL WITH YOUR ELBOWS OUT	
DIP	2	10	RPE7	1-2MIN						KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
BARBELL FLOOR SKULL CRUSHER	2	8	RPE7	1-2MIN						KEEP YOUR ELBOWS OVER YOUR HEAD. KEEP YOUR SHOULDER JOINT MOTIONLESS	
HAMMER CURL	2	10	RPE8	1-2MIN						CURL THE WEIGHT "OUT", NOT "UP"	

TOTAL SET VOLUME: 18

DAY 2

LOWER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BACK SQUAT	3	5	75%	3-4MIN						SIT DOWN AND BACK	
STIFF LEG DEADLIFT	3	10	RPE8	2-3MIN						KEEP YOUR HIPS HIGH	
BARBELL HIP THRUST	3	15	RPE7	2-3MIN						USE A PAD. RIB CAGE AND CHIN TUCKED DOWN	
A1: LYING LEG CURL	3	20	RPE8	0MIN						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
A2: LEG EXTENSION	3	20	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 15

DAY 3

UPPER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BARBELL BENCH PRESS	5	3	85%	3-5MIN						45° ELBOW TUCK	
NEUTRAL-GRIP PULldOWN	4	6	RPE8	2-3MIN						PULL YOUR SHOULDERS DOWN AGAINST YOUR SIDES	
BARBELL PIN PRESS	2	8	RPE7	2-3MIN						START WITH THE BAR ON THE PINS. FOCUS ON SPEED OFF OF THE CHEST	
SEATED FACE PULL	3	15	RPE8	1-2MIN						PULL YOUR ELBOWS UP AND BACK. FOCUS ON SCAPULAR RETRACTION	
MILITARY PRESS	2	6	RPE7	2-3MIN						RESET THE BAR AFTER EACH REP. THINK ABOUT DOING A "DEAD PRESS". SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT	
DUMBBELL LATERAL RAISE	3	12	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR DELTOIDS TO MOVE THE WEIGHT	
REVERSE PEC DECK	3	15	RPE8	1-2MIN						TAKE YOUR SCAPULAE THROUGH A ROM	

TOTAL SET VOLUME: 22

JEFF NIPPARD'S

BENCH PRESS PROGRAM

BLOCK 1: VOLUME ACCUMULATION PHASE / WEEK 2: DAYS 4-5

DAY 4

LOWER BODY #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
DEADLIFT	4	6	70%	3-4MIN						FOCUS ON KEEPING YOUR SPINE NEUTRAL	
FRONT SQUAT	3	10	RPE7	2-3MIN						FOCUS ON KEEPING YOUR TORSO UPRIGHT	
LEG PRESS	3	12	RPE7	1-2MIN						FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
ECCENTRIC-ACCENTUATED LYING LEG CURL	3	10	RPE8	1-2MIN						3-SECOND LOWERING PHASE	
STANDING CALF RAISE	3	12	RPE8	1-2MIN						PRESS ALL THE WAY UP TO YOUR TOES, GET A STRETCH AT THE BOTTOM. DON'T BOUNCE	

TOTAL SET VOLUME: 16

DAY 5

UPPER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
PAUSE BARBELL BENCH PRESS	5	5	70%	3-5MIN						3-SECOND PAUSE. FOCUS ON SPEED OFF THE CHEST	
SUPINATED PULLDOWN	3	12	RPE8	2-3MIN						PULL YOUR SHOULDERS DOWN AGAINST YOUR SIDES	
DUMBBELL INCLINE PRESS	2	12	RPE7	2-3MIN						FOCUS ON PRESSING EVENLY. 30° ELBOW TUCK	
MACHINE CHEST-SUPPORTED T-BAR ROW/RETRACTION	3	10/10	RPE8	1-2MIN						FIRST 10 REPS RETRACT YOUR SCAPULAE AND PULL YOUR ELBOWS OUT, LAST 10 REPS ONLY GO THROUGH A SCAPULAR ROM (YOUR ARMS DON'T MOVE)	
CABLE FLYE	3	15	RPE7	1-2MIN						KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
V-BAR PRESSDOWN	2	15	RPE7	1-2MIN						KEEP YOUR SHOULDER AND ELBOW LOCKED IN PLACE	
PRONE TRAP RAISE	3	15	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR UPPER BACK TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 21

BENCH PRESS PROGRAM

WEEK

3

JEFF NIPPARD'S

BENCH PRESS PROGRAM

BLOCK 1: VOLUME ACCUMULATION PHASE / WEEK 3: DAYS 1-3

DAY 1

UPPER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BARBELL BENCH PRESS	4	6	82.5%	3-5MIN						45° ELBOW TUCK	
PULL-UP	3	8	RPE8	2-3MIN						PULL YOUR SHOULDERS DOWN AND IN	
ECCENTRIC-ACCENTUATED BARBELL INCLINE PRESS	2	8	RPE8	2-3MIN						2-SECOND LOWERING PHASE. ELBOWS TUCKED ~30°	
INVERTED ROW	3	10	RPE8	2-3MIN						SCAPULAE BACK AND DOWN. PULL WITH YOUR ELBOWS OUT	
DIP	2	10	RPE7	1-2MIN						KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
BARBELL FLOOR SKULL CRUSHER	2	8	RPE7	1-2MIN						KEEP YOUR ELBOWS OVER YOUR HEAD. KEEP YOUR SHOULDER JOINT MOTIONLESS	
HAMMER CURL	2	10	RPE8	1-2MIN						CURL THE WEIGHT "OUT", NOT "UP"	

TOTAL SET VOLUME: 18

DAY 2

LOWER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BACK SQUAT	3	5	80%	3-4MIN						SIT DOWN AND BACK	
STIFF LEG DEADLIFT	3	10	RPE8	2-3MIN						KEEP YOUR HIPS HIGH	
BARBELL HIP THRUST	3	15	RPE7	2-3MIN						USE A PAD. RIB CAGE AND CHIN TUCKED DOWN	
A1: LYING LEG CURL	3	20	RPE8	0MIN						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
A2: LEG EXTENSION	3	20	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 15

DAY 3

UPPER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BARBELL BENCH PRESS	5	3	85%	3-5MIN						45° ELBOW TUCK	
NEUTRAL-GRIP PULLDOWN	4	6	RPE8	2-3MIN						PULL YOUR SHOULDERS DOWN AGAINST YOUR SIDES	
BARBELL PIN PRESS	2	8	RPE7	2-3MIN						START WITH THE BAR ON THE PINS. FOCUS ON SPEED OFF OF THE CHEST	
SEATED FACE PULL	3	15	RPE8	1-2MIN						PULL YOUR ELBOWS UP AND BACK. FOCUS ON SCAPULAR RETRACTION	
MILITARY PRESS	2	6	RPE7	2-3MIN						RESET THE BAR AFTER EACH REP. THINK ABOUT DOING A "DEAD PRESS". SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT	
DUMBBELL LATERAL RAISE	3	12	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR DELTOIDS TO MOVE THE WEIGHT	
REVERSE PEC DECK	3	15	RPE8	1-2MIN						TAKE YOUR SCAPULAE THROUGH A ROM	

TOTAL SET VOLUME: 22

JEFF NIPPARD'S

BENCH PRESS PROGRAM

BLOCK 1: VOLUME ACCUMULATION PHASE / WEEK 3: DAYS 4-5

DAY 4

LOWER BODY #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
DEADLIFT	4	6	75%	3-4MIN						FOCUS ON KEEPING YOUR SPINE NEUTRAL	
FRONT SQUAT	3	10	RPE7	2-3MIN						FOCUS ON KEEPING YOUR TORSO UPRIGHT	
LEG PRESS	3	12	RPE7	1-2MIN						FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
ECCENTRIC-ACCENTUATED LYING LEG CURL	3	10	RPE8	1-2MIN						3-SECOND LOWERING PHASE	
STANDING CALF RAISE	3	12	RPE8	1-2MIN						PRESS ALL THE WAY UP TO YOUR TOES, GET A STRETCH AT THE BOTTOM. DON'T BOUNCE	

TOTAL SET VOLUME: 16

DAY 5

UPPER BODY #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
PAUSE BARBELL BENCH PRESS	5	5	72.5%	3-5MIN						3-SECOND PAUSE. FOCUS ON SPEED OFF THE CHEST	
SUPINATED PULLDOWN	3	12	RPE8	2-3min						PULL YOUR SHOULDERS DOWN AGAINST YOUR SIDES	
DUMBBELL INCLINE PRESS	2	12	RPE7	2-3min						FOCUS ON PRESSING EVENLY. 30° ELBOW TUCK	
MACHINE CHEST-SUPPORTED T-BAR ROW/RETRACTION	3	10/10	RPE8	1-2min						FIRST 10 REPS RETRACT YOUR SCAPULAE AND PULL YOUR ELBOWS OUT, LAST 10 REPS ONLY GO THROUGH A SCAPULAR ROM (YOUR ARMS DON'T MOVE)	
CABLE FLYE	3	15	RPE7	1-2min						KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
V-BAR PRESSDOWN	2	15	RPE7	1-2min						KEEP YOUR SHOULDER AND ELBOW LOCKED IN PLACE	
PRONE TRAP RAISE	3	15	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR UPPER BACK TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 21

BENCH PRESS PROGRAM

WEEK
4

JEFF NIPPARD'S

BENCH PRESS PROGRAM

BLOCK 1: VOLUME ACCUMULATION PHASE / WEEK 4: DAYS 1-3

DAY 1	UPPER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
	BARBELL BENCH PRESS	4	6	85%	3-5MIN						45° ELBOW TUCK	
	PULL-UP	3	8	RPE8	2-3MIN						PULL YOUR SHOULDERS DOWN AND IN	
	ECCENTRIC-ACCENTUATED BARBELL INCLINE PRESS	2	8	RPE8	2-3MIN						2-SECOND LOWERING PHASE. ELBOWS TUCKED ~30°	
	INVERTED ROW	3	10	RPE8	2-3MIN						SCAPULAE BACK AND DOWN. PULL WITH YOUR ELBOWS OUT	
	DIP	2	10	RPE7	1-2MIN						KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
	BARBELL FLOOR SKULL CRUSHER	2	8	RPE7	1-2MIN						KEEP YOUR ELBOWS OVER YOUR HEAD. KEEP YOUR SHOULDER JOINT MOTIONLESS	
	HAMMER CURL	2	10	RPE8	1-2MIN						CURL THE WEIGHT "OUT", NOT "UP"	

TOTAL SET VOLUME: 18

DAY 2	LOWER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
	BACK SQUAT	3	5	80%	3-4MIN						SIT DOWN AND BACK	
	STIFF LEG DEADLIFT	3	10	RPE8	2-3min						KEEP YOUR HIPS HIGH	
	BARBELL HIP THRUST	3	15	RPE7	2-3min						USE A PAD. RIB CAGE AND CHIN TUCKED DOWN	
	A1: LYING LEG CURL	3	20	RPE8	0min						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
	A2: LEG EXTENSION	3	20	RPE8	1-2min						FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 15

DAY 3	UPPER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
	BARBELL BENCH PRESS	5	3	85%	3-5MIN						45° ELBOW TUCK	
	NEUTRAL-GRIP PULLDOWN	4	6	RPE8	2-3MIN						PULL YOUR SHOULDERS DOWN AGAINST YOUR SIDES	
	BARBELL PIN PRESS	2	8	RPE7	2-3MIN						START WITH THE BAR ON THE PINS. FOCUS ON SPEED OFF OF THE CHEST	
	SEATED FACE PULL	3	15	RPE8	1-2MIN						PULL YOUR ELBOWS UP AND BACK. FOCUS ON SCAPULAR RETRACTION	
	MILITARY PRESS	2	6	RPE7	2-3MIN						RESET THE BAR AFTER EACH REP. THINK ABOUT DOING A "DEAD PRESS". SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT	
	DUMBBELL LATERAL RAISE	3	12	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR DELTOIDS TO MOVE THE WEIGHT	
	REVERSE PEC DECK	3	15	RPE8	1-2MIN						TAKE YOUR SCAPULAE THROUGH A ROM	

TOTAL SET VOLUME: 22

JEFF NIPPARD'S

BENCH PRESS PROGRAM

BLOCK 1: VOLUME ACCUMULATION PHASE / WEEK 4: DAYS 4-5

DAY 4

LOWER BODY #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
DEADLIFT	4	6	75%	3-4MIN						FOCUS ON KEEPING YOUR SPINE NEUTRAL	
FRONT SQUAT	3	10	RPE7	2-3MIN						FOCUS ON KEEPING YOUR TORSO UPRIGHT	
LEG PRESS	3	12	RPE7	1-2MIN						FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
ECCENTRIC-ACCENTUATED LYING LEG CURL	3	10	RPE8	1-2MIN						3-SECOND LOWERING PHASE	
STANDING CALF RAISE	3	12	RPE8	1-2MIN						PRESS ALL THE WAY UP TO YOUR TOES, GET A STRETCH AT THE BOTTOM. DON'T BOUNCE	

TOTAL SET VOLUME: 16

DAY 5

UPPER BODY #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
PAUSE BARBELL BENCH PRESS	5	5	72.5%	3-5MIN						3-SECOND PAUSE. FOCUS ON SPEED OFF THE CHEST	
SUPINATED PULLDOWN	3	12	RPE8	2-3MIN						PULL YOUR SHOULDERS DOWN AGAINST YOUR SIDES	
DUMBBELL INCLINE PRESS	2	12	RPE7	2-3MIN						FOCUS ON PRESSING EVENLY. 30° ELBOW TUCK	
MACHINE CHEST-SUPPORTED T-BAR ROW/RETRACTION	3	10/10	RPE8	1-2MIN						FIRST 10 REPS RETRACT YOUR SCAPULAE AND PULL YOUR ELBOWS OUT, LAST 10 REPS ONLY GO THROUGH A SCAPULAR ROM (YOUR ARMS DON'T MOVE)	
CABLE FLYE	3	15	RPE7	1-2MIN						KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
V-BAR PRESSDOWN	2	15	RPE7	1-2MIN						KEEP YOUR SHOULDER AND ELBOW LOCKED IN PLACE	
PRONE TRAP RAISE	3	15	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR UPPER BACK TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 21

BENCH PRESS PROGRAM

WEEK
5

JEFF NIPPARD'S

BENCH PRESS PROGRAM

BLOCK 2: PEAKING PHASE / WEEK 5: DAYS 1-3

DAY 1

UPPER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BARBELL BENCH PRESS	1	5	N/A	N/A						WORK UP TO A HEAVY SET OF 5 @RPE9	
PAUSE BARBELL BENCH PRESS	2	5	65%	3-5min						3-SECOND PAUSE. FOCUS ON SPEED OFF THE CHEST	
PULL-UP	3	10	RPE8	2-3min						PULL YOUR SHOULDERS DOWN AND IN	
MILITARY PRESS	2	8	RPE7	2-3min						RESET THE BAR AFTER EACH REP. THINK ABOUT DOING A "DEAD PRESS". SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT	
MACHINE CHEST-SUPPORTED T-BAR ROW/RETRACTION	3	10/10	RPE8	2-3min						FIRST 10 REPS RETRACT YOUR SCAPULAE AND PULL YOUR ELBOWS OUT, LAST 10 REPS ONLY GO THROUGH A SCAPULAR ROM (YOUR ARMS DON'T MOVE)	
HAMMER CURL	3	12	RPE8	2-3min						CURL THE WEIGHT "OUT", NOT "UP"	

TOTAL SET VOLUME: 14

DAY 2

LOWER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BACK SQUAT	4	8	70%	3-4MIN						SIT DOWN AND BACK	
BARBELL RDL	3	15	RPE7	2-3min						FOCUS ON KEEPING YOUR SPINE NEUTRAL	
LYING LEG CURL	3	12	RPE7	1-2min						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
DUMBBELL WALKING LUNGE	3	12	RPE8	1-2min						12 STEPS EACH LEG. MEDIUM STRIDE LENGTH	
STANDING CALF RAISE	3	8	RPE8	1-2min						PRESS ALL THE WAY UP TO YOUR TOES, GET A STRETCH AT THE BOTTOM. DON'T BOUNCE	

TOTAL SET VOLUME: 16

DAY 3

UPPER BODY #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BARBELL SPEED BENCH PRESS	6	3	70%	2-3MIN						FOCUS ON STAYING TIGHT AND SPEED OFF THE CHEST	
WIDE-GRIP LAT PULldOWN	3	8	RPE8	2-3MIN						PULL YOUR SHOULDERS DOWN AND IN	
DUMBBELL LATERAL RAISE	3	15	RPE7	1-2MIN						FOCUS ON SQUEEZING YOUR DELTOIDS TO MOVE THE WEIGHT	
SEATED FACE PULL	3	20	RPE8	1-2MIN						PULL YOUR ELBOWS UP AND BACK. FOCUS ON SCAPULAR RETRACTION	
PRONE TRAP RAISE	3	15	RPE7	1-2MIN						FOCUS ON SQUEEZING YOUR UPPER BACK TO MOVE THE WEIGHT	
EZ BAR CURL	3	12	RPE8	1-2MIN						CURL THE WEIGHT "OUT", NOT "UP"	

TOTAL SET VOLUME: 21

JEFF NIPPARD'S

BENCH PRESS PROGRAM

BLOCK 2: PEAKING PHASE / WEEK 5: DAY 4

LOWER BODY #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
DEADLIFT	4	6	75%	3-4MIN						FOCUS ON KEEPING YOUR SPINE NEUTRAL	
FRONT SQUAT	3	10	RPE7	2-3MIN						FOCUS ON KEEPING YOUR TORSO UPRIGHT	
LEG PRESS	3	12	RPE7	1-2MIN						FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
ECCENTRIC-ACCENTUATED LYING LEG CURL	3	10	RPE8	1-2MIN						3-SECOND LOWERING PHASE	
STANDING CALF RAISE	3	12	RPE8	1-2MIN						PRESS ALL THE WAY UP TO YOUR TOES, GET A STRETCH AT THE BOTTOM. DON'T BOUNCE	

TOTAL SET VOLUME: 15

DAY 4

BENCH PRESS PROGRAM

WEEK
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JEFF NIPPARD'S

BENCH PRESS PROGRAM

BLOCK 2: PEAKING PHASE / WEEK 6: DAYS 1-3

DAY 1

UPPER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BARBELL BENCH PRESS	1	AMRAP	85%	N/A						DO AS MANY REPS AS POSSIBLE @RPE9	
PAUSE BARBELL BENCH PRESS	2	5	65%	3-5MIN						3-SECOND PAUSE. FOCUS ON SPEED OFF THE CHEST	
PULL-UP	3	10	RPE8	2-3MIN						PULL YOUR SHOULDERS DOWN AND IN	
MILITARY PRESS	2	8	RPE7	2-3MIN						RESET THE BAR AFTER EACH REP. THINK ABOUT DOING A "DEAD PRESS". SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT	
MACHINE CHEST-SUPPORTED T-BAR ROW/RETRACTION	3	10/10	RPE8	2-3MIN						FIRST 10 REPS RETRACT YOUR SCAPULAE AND PULL YOUR ELBOWS OUT, LAST 10 REPS ONLY GO THROUGH A SCAPULAR ROM (YOUR ARMS DON'T MOVE)	
HAMMER CURL	3	12	RPE8	2-3MIN						CURL THE WEIGHT "OUT", NOT "UP"	

TOTAL SET VOLUME: 14

DAY 2

LOWER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BACK SQUAT	4	8	70%	3-4MIN						SIT DOWN AND BACK	
BARBELL RDL	3	15	RPE7	2-3MIN						FOCUS ON KEEPING YOUR SPINE NEUTRAL	
LYING LEG CURL	3	12	RPE7	1-2MIN						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
DUMBBELL WALKING LUNGE	3	12	RPE8	1-2MIN						12 STEPS EACH LEG. MEDIUM STRIDE LENGTH	
STANDING CALF RAISE	3	8	RPE8	1-2MIN						PRESS ALL THE WAY UP TO YOUR TOES, GET A STRETCH AT THE BOTTOM. DON'T BOUNCE	

TOTAL SET VOLUME: 16

DAY 3

UPPER BODY #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BARBELL SPEED BENCH PRESS	6	3	70%	2-3MIN						FOCUS ON STAYING TIGHT AND SPEED OFF THE CHEST	
WIDE-GRIP LAT PULldOWN	3	8	RPE8	2-3MIN						PULL YOUR SHOULDERS DOWN AND IN	
DUMBBELL LATERAL RAISE	3	15	RPE7	1-2MIN						FOCUS ON SQUEEZING YOUR DELTOIDS TO MOVE THE WEIGHT	
SEATED FACE PULL	3	20	RPE8	1-2MIN						PULL YOUR ELBOWS UP AND BACK. FOCUS ON SCAPULAR RETRACTION	
PRONE TRAP RAISE	3	15	RPE7	1-2MIN						FOCUS ON SQUEEZING YOUR UPPER BACK TO MOVE THE WEIGHT	
EZ BAR CURL	3	12	RPE8	1-2MIN						CURL THE WEIGHT "OUT", NOT "UP"	

TOTAL SET VOLUME: 21

JEFF NIPPARD'S

BENCH PRESS PROGRAM

BLOCK 2: PEAKING PHASE / WEEK 6: DAY 4

LOWER BODY #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
DEADLIFT	3	8	70%	3-5MIN						FOCUS ON KEEPING YOUR SPINE NEUTRAL	
HACK SQUAT	3	12	RPE8	2-3MIN						SIT DOWN AND BACK	
REVERSE HYPEREXTENSION	3	10	RPE8	1-2MIN						SQUEEZE YOUR GLUTES TO MOVE YOUR LEGS	
LEG EXTENSION	3	15	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
SEATED LEG CURL	3	12	RPE7	1-2MIN						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 15

BENCH PRESS PROGRAM

WEEK
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JEFF NIPPARD'S

BENCH PRESS PROGRAM

BLOCK 2: PEAKING PHASE / WEEK 7: DAYS 1-3

DAY 1

UPPER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BARBELL BENCH PRESS	1	3	N/A	N/A						WORK UP TO A HEAVY SET OF 3 @RPE9	
PAUSE BARBELL BENCH PRESS	2	5	65%	3-5MIN						3-SECOND PAUSE. FOCUS ON SPEED OFF THE CHEST	
PULL-UP	3	10	RPE8	2-3MIN						PULL YOUR SHOULDERS DOWN AND IN	
MILITARY PRESS	2	8	RPE7	2-3MIN						RESET THE BAR AFTER EACH REP. THINK ABOUT DOING A "DEAD PRESS". SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT	
MACHINE CHEST-SUPPORTED T-BAR ROW/RETRACTION	3	10/10	RPE8	2-3MIN						FIRST 10 REPS RETRACT YOUR SCAPULAE AND PULL YOUR ELBOWS OUT, LAST 10 REPS ONLY GO THROUGH A SCAPULAR ROM (YOUR ARMS DON'T MOVE)	
HAMMER CURL	3	12	RPE8	2-3MIN						CURL THE WEIGHT "OUT", NOT "UP"	

TOTAL SET VOLUME: 14

DAY 2

LOWER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BACK SQUAT	4	8	72.5%	3-4MIN						SIT DOWN AND BACK	
BARBELL RDL	3	15	RPE7	2-3MIN						FOCUS ON KEEPING YOUR SPINE NEUTRAL	
LYING LEG CURL	3	12	RPE7	1-2MIN						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
DUMBBELL WALKING LUNGE	3	12	RPE8	1-2MIN						12 STEPS EACH LEG. MEDIUM STRIDE LENGTH	
STANDING CALF RAISE	3	8	RPE8	1-2MIN						PRESS ALL THE WAY UP TO YOUR TOES, GET A STRETCH AT THE BOTTOM. DON'T BOUNCE	

TOTAL SET VOLUME: 16

DAY 3

UPPER BODY #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BARBELL SPEED BENCH PRESS	6	3	70%	2-3MIN						FOCUS ON STAYING TIGHT AND SPEED OFF THE CHEST	
WIDE-GRIP LAT PULLDOWN	3	8	RPE8	2-3MIN						PULL YOUR SHOULDERS DOWN AND IN	
DUMBBELL LATERAL RAISE	3	15	RPE7	1-2MIN						FOCUS ON SQUEEZING YOUR DELTOIDS TO MOVE THE WEIGHT	
SEATED FACE PULL	3	20	RPE8	1-2MIN						PULL YOUR ELBOWS UP AND BACK. FOCUS ON SCAPULAR RETRACTION	
PRONE TRAP RAISE	3	15	RPE7	1-2MIN						FOCUS ON SQUEEZING YOUR UPPER BACK TO MOVE THE WEIGHT	
EZ BAR CURL	3	12	RPE8	1-2MIN						CURL THE WEIGHT "OUT", NOT "UP"	

TOTAL SET VOLUME: 21

JEFF NIPPARD'S

BENCH PRESS PROGRAM

BLOCK 2: PEAKING PHASE / WEEK 7: DAY 4

LOWER BODY #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
DEADLIFT	3	8	70%	3-5MIN						FOCUS ON KEEPING YOUR SPINE NEUTRAL	
HACK SQUAT	3	12	RPE8	2-3MIN						SIT DOWN AND BACK	
REVERSE HYPEREXTENSION	3	10	RPE8	1-2MIN						SQUEEZE YOUR GLUTES TO MOVE YOUR LEGS	
LEG EXTENSION	3	15	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
SEATED LEG CURL	3	12	RPE7	1-2MIN						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 15

BENCH PRESS PROGRAM

WEEK
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JEFF NIPPARD'S

BENCH PRESS PROGRAM

BLOCK 2: PEAKING PHASE / WEEK 8: DAYS 1-3

DAY 1

UPPER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BARBELL BENCH PRESS	1	1	N/A	N/A						WORK UP TO A HEAVY SINGLE @RPE9	
PAUSE BARBELL BENCH PRESS	2	5	65%	3-5MIN						3-SECOND PAUSE. FOCUS ON SPEED OFF THE CHEST	
PULL-UP	3	10	RPE8	2-3MIN						PULL YOUR SHOULDERS DOWN AND IN	
MILITARY PRESS	2	8	RPE7	2-3MIN						RESET THE BAR AFTER EACH REP. THINK ABOUT DOING A "DEAD PRESS". SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT	
MACHINE CHEST-SUPPORTED T-BAR ROW/RETRACTION	3	10/10	RPE8	2-3MIN						FIRST 10 REPS RETRACT YOUR SCAPULAE AND PULL YOUR ELBOWS OUT, LAST 10 REPS ONLY GO THROUGH A SCAPULAR ROM (YOUR ARMS DON'T MOVE)	
HAMMER CURL	3	12	RPE8	2-3MIN						CURL THE WEIGHT "OUT", NOT "UP"	

TOTAL SET VOLUME: 14

DAY 2

LOWER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BACK SQUAT	4	8	72.5%	3-4MIN						SIT DOWN AND BACK	
BARBELL RDL	3	15	RPE7	2-3MIN						FOCUS ON KEEPING YOUR SPINE NEUTRAL	
LYING LEG CURL	3	12	RPE7	1-2MIN						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
DUMBBELL WALKING LUNGE	3	12	RPE8	1-2MIN						12 STEPS EACH LEG. MEDIUM STRIDE LENGTH	
STANDING CALF RAISE	3	8	RPE8	1-2MIN						PRESS ALL THE WAY UP TO YOUR TOES, GET A STRETCH AT THE BOTTOM. DON'T BOUNCE	

TOTAL SET VOLUME: 16

DAY 3

UPPER BODY #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BARBELL SPEED BENCH PRESS	6	3	70%	2-3MIN						FOCUS ON STAYING TIGHT AND SPEED OFF THE CHEST	
WIDE-GRIP LAT PULldOWN	3	8	RPE8	2-3MIN						PULL YOUR SHOULDERS DOWN AND IN	
DUMBBELL LATERAL RAISE	3	15	RPE7	1-2MIN						FOCUS ON SQUEEZING YOUR DELTOIDS TO MOVE THE WEIGHT	
SEATED FACE PULL	3	20	RPE8	1-2MIN						PULL YOUR ELBOWS UP AND BACK. FOCUS ON SCAPULAR RETRACTION	
PRONE TRAP RAISE	3	15	RPE7	1-2MIN						FOCUS ON SQUEEZING YOUR UPPER BACK TO MOVE THE WEIGHT	
EZ BAR CURL	3	12	RPE8	1-2MIN						CURL THE WEIGHT "OUT", NOT "UP"	

TOTAL SET VOLUME: 21

JEFF NIPPARD'S

BENCH PRESS PROGRAM

BLOCK 2: PEAKING PHASE / WEEK 8: DAY 4

LOWER BODY #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
DEADLIFT	3	8	72.5%	3-5MIN						FOCUS ON KEEPING YOUR SPINE NEUTRAL	
HACK SQUAT	3	12	RPE8	2-3MIN						SIT DOWN AND BACK	
REVERSE HYPEREXTENSION	3	10	RPE8	1-2MIN						SQUEEZE YOUR GLUTES TO MOVE YOUR LEGS	
LEG EXTENSION	3	15	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
SEATED LEG CURL	3	12	RPE7	1-2MIN						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 15